

# THE COLUMBUS-ATHENS SCHWEITZER FELLOWS PROGRAM

Purpose: To facilitate service projects to benefit the Columbus and Athens communities, and simultaneously develop emerging professionals who have the skills to address unmet health-related needs throughout their careers.



“Start early to instill in your students awareness that they are on this earth to help and serve others; that is as important to pass on to them as knowledge.”

—Albert Schweitzer, PhD, MD

## Health on the Hilltop

### Wellness in the Refugee Population

#### Introduction

The Columbus refugee population is diverse and growing. Additionally, Columbus is poised to become the largest diaspora of Somali in 2015. Access to healthcare is reduced in this population due to the significant language barrier and potential misunderstandings that occur. Faced with an increased availability of sugar and fast food restaurants, adjusting to an American diet is easy, but making healthy choices for themselves and their families are much more difficult.



#### Project

- Taught English as a Second Language (ESL) weekly to Somali and Latina women
- Adapted teaching techniques learned from ESL class to account for limited health and English literacy
- Designed and facilitated an interactive nutrition and wellness education curriculum
- Coordinated free clinic operations and provided nursing care to indigent population

#### Impact

- 7 of 12 ESL students attended more than half of the classes
- Agreements established with health class participants to reduce sugar intake
- 14 health class participants with 5 attending more than half of sessions



#### The Future

- **Sustainability**- Created diet and nutrition curriculum so others can facilitate
- **Expansion**- Prepared additional educational modules that focus on other dimensions of wellness
- **Development**- As a member of the Leadership Council helping reorganize the free health clinic to best meet the needs of the clients



#### Location

The Bridge Community Center, located in Columbus’ Hilltop neighborhood, serves the needs of the homeless and refugees to foster healing, dignity, community, and peace. My project worked alongside the adult education classes and the free health clinic.

#### Testimonial

“The health class has been a success in educating the refugee participants. The content and visuals proved invaluable to the comprehension of information.” – Adult Ed. Coordinator



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